Rudra Centre®
Living Enlightenment

Rudraksha:
Sacred Beads of Divine Energy

An exploration of mythology, science, and timeless spirituality

Table of Content

- Introduction – What is Rudraksha?
- Mythological Origins
- Types of Rudraksha – Faces (Mukhis) & Meanings
- Special & Compound Beads
- Scientific Perspective
- Wearing Rudraksha – Guidelines
- How to Identify Genuine Rudraksha
- About Us
- Contact Us

Introduction – What is Rudraksha?

- Rudraksha are the sacred seeds of the Elaeocarpus ganitrus tree, revered across India and the Himalayan region.
- The word Rudraksha is derived from ‘Rudra’ (Shiva) and ‘Aksha’ (eyes/tears), meaning “tears of Lord Shiva.”
- Traditionally used in Rudraksha malas (rosaries) for prayer and meditation in Hinduism, Buddhism, and Sikhism.
- Rudraksha beads are believed to emit positive vibrations, offering protection and enhancing spiritual growth.
- Ancient scriptures and archaeological evidence trace the use of Rudraksha back over 3,000 years as a tool for inner balance and enlightenment.

Mythological Origins

- The Shiva Purana states that Rudraksha was created from Lord Shiva's tears that fell to the ground following a period of intense meditation.
- The Rudraksha tree, which represents cosmic energy and divine compassion, was created from these sacred tears.
- It is believed that each bead serves as a spiritual shield for the wearer and carries Shiva's consciousness.
- Rudraksha was worn by ancient yogis and sages to help with penance, meditation, and moksha, or liberation.

Types of Rudraksha – Faces (Mukhis) & Meanings

- 1-Mukhi: Pure consciousness, liberation, razor-sharp focus
- 2-Mukhi: Relationship harmony, emotional balance
- 3-Mukhi: Burns past karma, boosts confidence & will-power
- 4-Mukhi: Intellect, creativity, articulate communication
- 5-Mukhi: Peace, health, blood-pressure balance, spiritual growth
- 6-Mukhi: Discipline, learning prowess, vitality & charisma
- 7-Mukhi: Wealth, career stability, overcoming financial blocks
- 8-Mukhi: Removes obstacles, wisdom, smooth new beginnings
- 9-Mukhi: Courage, protection from negativity & black magic
- 10-Mukhi: Shields from evil, legal relief, life stability

Continue...

- 11-Mukhi: Valor, leadership, robust immunity
- 12-Mukhi: Radiance, authority, self-confidence, fame
- 13-Mukhi: Charisma, creative success, persuasive charm
- 14-Mukhi: Intuition, instant decision-making, spiritual insight
- 15-Mukhi: Unconditional love, healing emotional trauma
- 16-Mukhi: Victory over fear, protection from accidents & illness
- 17-Mukhi: Wish-fulfilment, sudden wealth, spiritual ascension
- 18-Mukhi: Property gains, fertility, grounding stability
- 19-Mukhi: Abundance, project completion, mental clarity
- 20-Mukhi: Deep meditation, scriptural wisdom, visionary outlook
- 21-Mukhi: Great fortune, perfection in sādhanā, complete protection

Special & Compound Beads

- Gauri-Sankar: Two naturally joined beads – marital harmony, attunement of ida & pingala nadis.
- Ganes Rudraksha: Trunk-like protrusion – effortless obstacle removal.
- Trijuti / Siddha Mala: Three fused beads – unites creation-preservation-destruction energies; leadership & mastery.
- Garbh Gauri: Mother-child formation – nurturing bonds, fertility, safe motherhood.
- Sawar (Ek Mukhi + companion bead): Carries the energy of a 1-mukhi yet easier to wear; accelerating spiritual evolution.

Scientific Perspective

- Microscopic studies show natural copper, carbon, & oxygen chains creating measurable inductance & capacitance
- 1993 IIT-BHU study (Dr Subas Rai): Rudraksha exhibits ~1 milli-tesla magnetic field aiding bioelectric balance
- Preliminary data suggests reduced heart rate variability & blood pressure stabilization in subjects wearing 5-Mukhi malas
- Porous surface absorbs sweat oils, releasing negative ions that may create a calming effect

Wearing Rudraksha – Guidelines

- Anyone, irrespective of gender, age or faith, may wear Rudraksha with respect
- Choose bead/mala by intention & mukhi resonance, or consult a knowledgeable guru
- Energize (prana-pratistha) on a Monday or Mahashivaratri by chanting ‘□ □□□ □□□□□’ 108 times
- Keep beads clean (mild soap) & lightly oil with sandal/olive oil
- Avoid alcohol & non-veg when wearing if possible
- Remove during intimacy, funeral, or bathroom for purity in traditional practice

How to Identify Genuine Rudraksha

- Seek out distinct natural mukhi lines that extend from the pole to the pole of the seed.
- "Water-float" test: While fake seeds may float, real seeds sink.
- The number of seeds or locules that match external mukhis is revealed by X-ray.
- Feel: Real beads are strong but lightweight, and they warm up fast in the palm of your hand.
- Purchase from reputable, certified vendors and demand laboratory authenticity reports.

About Us

Founded in Mumbai in 1997, Rudra Centre brings over 25 years of expertise in distributing Rudraksha and spiritual products globally. Rooted in Vedic tradition and supported by modern research, we offer authentic Puja services through our Trimbakeshwar temple, Nagpur centre, and other sacred locations. Our 2,100 sq. ft. in-house Puja Room, guided by 21 Kashi-trained priests, conducts a range of Pujas and Yagnas with devotion, precision, and spiritual sanctity.

Contact Us

Product Related Enquiry/ Ask Expert

+91 70211 80033 / +91 98191 11150

+91-98191 11150

contact@rudracentre.com

Puja Services Enquiry

+91 93268 81243

+91 93268 81243

pujaservices@rudracentre.com

Website

https://www.rudraksha-ratna.com/

Address

D-319/320, Neelkanth Business Park, Nathani Road, Behind Vidyavihar Railway Station, Vidyavihar West, Mumbai- 400086, INDIA

Rudra Centre®
Living Enlightenment

Thank you